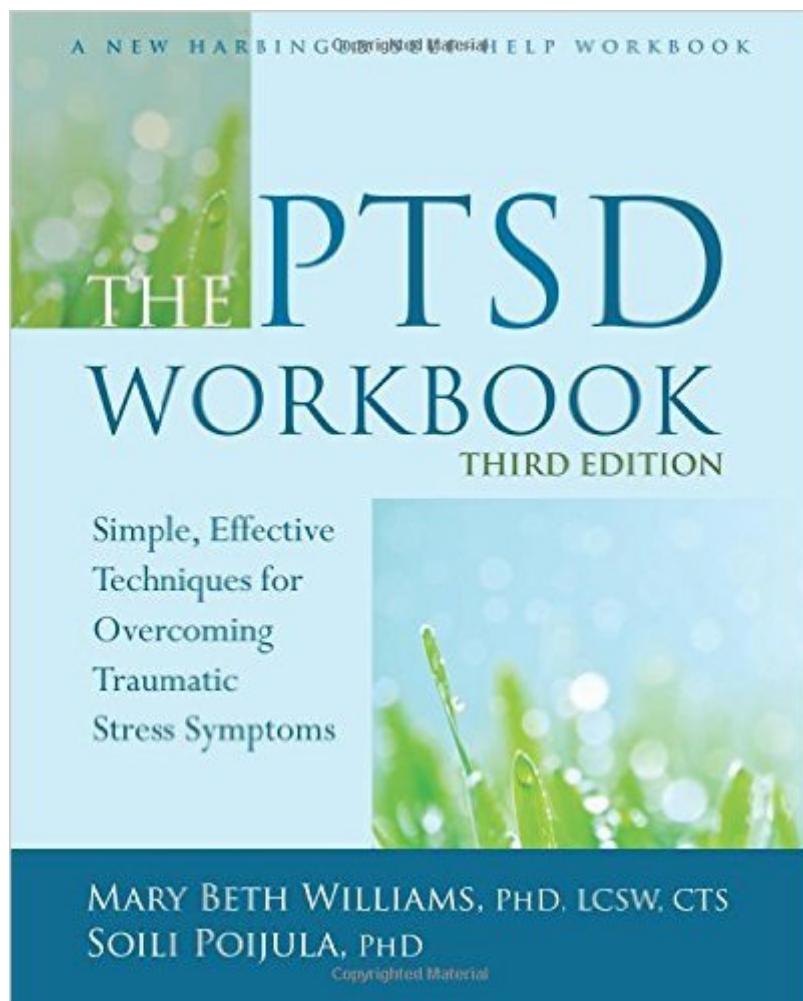


The book was found

The PTSD Workbook: Simple, Effective Techniques For Overcoming Traumatic Stress Symptoms



Synopsis

In the third edition of The PTSD Workbook, psychologists and trauma experts Mary Beth Williams and Soili Poijula offer readers the most effective tools available for overcoming post-traumatic stress disorder (PTSD). PTSD is an extremely debilitating condition that can occur after exposure to a terrifying event. But whether you're a veteran of war, a victim of domestic violence or sexual violence, or have been involved in a natural disaster, crime, car accident, or accident in the workplace, your symptoms may be getting in the way of you living your life. PTSD can often cause you to relive your traumatic experience in the form of flashbacks, memories, nightmares, and frightening thoughts. This is especially true when you are exposed to events or objects that remind you of your trauma. Left untreated, PTSD can lead to emotional numbness, insomnia, addiction, anxiety, depression, and even suicide. So, how can you start to heal and get your life back? In The PTSD Workbook, Third Edition, psychologists and trauma experts Mary Beth Williams and Soili Poijula outline techniques and interventions used by PTSD experts from around the world to conquer distressing trauma-related symptoms. In this fully revised and updated workbook, you'll learn how to move past the trauma you've experienced and manage symptoms such as insomnia, anxiety, and flashbacks. Based in cognitive behavioral therapy (CBT), this book is extremely accessible and easy to use, offering evidence-based therapy at a low cost. This new edition features chapters focusing on veterans with PTSD, the link between cortisol and adrenaline and its role in PTSD and overall mental health, and the mind-body component of PTSD. Clinicians will also find important updates reflecting the new DSM-V definition of PTSD. This book is designed to give you the emotional resilience you need to get your life back together after a traumatic event.

Book Information

Paperback: 384 pages

Publisher: New Harbinger Publications; 3 edition (May 1, 2016)

Language: English

ISBN-10: 1626253706

ISBN-13: 978-1626253704

Product Dimensions: 8 x 0.9 x 9.9 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #9,093 in Books (See Top 100 in Books) #15 in Books > Self-Help > Anxieties & Phobias #17 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress

Customer Reviews

If you're doing this one on your own, make sure you have somebody who's a good support and maybe can even take things over for you for a few days. The exercises take time, and they bring up things you thought or hoped you'd forgotten. Best way I can describe it is I'm back at work, my home life has dramatically improved, and I've faced down a lot of demons while working through this book. It's not an adult coloring book or some new age woo-woo. It makes you look straight at what happened to you, how it affected you in the past and is affecting you now, and how you can start doing the hard work to make your life better. Plan to spend at least a couple months on it, especially if you're trying to work or take care of a family while doing it. And be aware it will trigger whatever you've been fighting if you do the exercises honestly. It's like I've been running down dark tunnels with dead ends, and the only way to straighten my life out was to go back to the beginning and work my way through. This book helped.

I have the second edition, and I bought this one for a friend. I know she loves it, but can't speak on the details personally.

bought for a friend, he likes it

I initially got this for a trauma class and it is very straightforward and practical. Highly recommended for any future clinician.

[Download to continue reading...](#)

The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms
Mental Illness: PTSD: Learn How To Handle PTSD Triggers (Bipolar Trauma Depression) (Self Help
Mental Illness Dysfunctional Relationships) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The
Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes
symptoms,type ... diet,glucose,type 2 diabetes symptoms) Overcoming Spiritual Attack: Identify and
Break Eight Common Symptoms The Oxygen Revolution, Third Edition: Hyperbaric Oxygen
Therapy: The Definitive Treatment of Traumatic Brain Injury (TBI) & Other Disorders Complex PTSD
and Developmental Trauma Disorder: How Childhood and Relationship Trauma Can Cause Anxiety
and Depression in Adults (Transcend Mediocrity, Book 126) No One Gets Left Behind: My Journey
of Learning to Live With My Husband's PTSD Adrenal Fatigue : Adrenal Reset Diet: Understand

The Symptoms And Beat Adrenal Fatigue Syndrome Forever. Lose Weight, Reduce Both Stress And Anxiety To ... Eating, Diet, Boost Metabolism) EMDR: The Breakthrough Therapy for Overcoming Anxiety, Stress, and Trauma Cognitive Behavioral Therapy : 10 Simple Guide To CBT For Overcoming Depression, Anxiety & Destructive Thoughts Trypophobia: Real, Terrifying and you defenately have it: phobia, fear, anxiety, stress, overcome, trypophobia (Stress, Anxiety, Depression, High Pressure, Unhappy, Stressed) Bath Bombs: 47 Magnificent Organic Non-Toxic Bath Bomb Recipes For Stress Relief, Detoxification, Dry Skin And Longevity! (Bath Bombs, Stress Relief, Bath Bombs Recipes) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet) The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It STRESS FREE LIVING How to manage your stress and understand what cause it: Get rid of anxiety for good (Build a Better Self Book 3) When Your Child Hurts: Effective Strategies to Increase Comfort, Reduce Stress, and Break the Cycle of Chronic Pain (Yale University Press Health & Wellness) Speed Reading: 7 Simple and Effective Speed Reading Techniques That Will Significantly Reduce Your Reading Time (Speed Reading Techniques, Read Faster, ... Focus, Memory Recall, Improve Productivity) The 2-Step Low-FODMAP Eating Plan: How To Build a Custom Diet that Relieves the Symptoms of IBS, Lactose Intolerance, and Gluten Sensitivity (Low-FODMAP Diet) Colon Cancer: The Complete Guide to Understanding It: Causes, Symptoms, Stages, Treatment & Prevention Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health)

[Dmca](#)